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FRINGE IS GOING FAR OUT

FROM ALTERNATE UNIVERSES TO THE HUMAN SOUL **PAGE 8**



Catalogue of Farewells set up at library

Spring Garden Memorial Library closes Saturday **PAGE 4**



FACING HEAT HEAD ON

Marcus Wells, who also goes by the name B-Boy Ribs, busted a few moves in Tuesday's heat along the Halifax waterfront. Temperatures reached 27 C, with more sunny, hot weather in the forecast for Wednesday. STEPHANIE TAYLOR/FOR METRO

'Glummy' old city hall gets a new facelift

Fresh coat of paint.
Plenty of chatter about the transformation

Change is happening at city hall — change you can see.

The most visible part of an extensive renovation of the 125-year-old building is underway on the third floor.

The august dark-wood paneling has been painted white; the parchment-yellow walls are now a muted grey.

It was a topic of animated conversation after a community council meeting Tuesday, with pundits divided over the airy outcome and the sacrilegious act of painting over wood.

Coun. Lorelei Nicoll — a former interior designer — de-



Some of the new paint inside city hall. STEPHANIE TAYLOR/FOR METRO

were meant to project an atmosphere of openness.

"The paint colours lighten and make everything appear more open," said Sarah Reeves. "They were picked to reflect the dignity of the space."

City hall is in the midst of a multi-phase restoration project. The current phase will include IT infrastructure, a new security and reception area as well as infilling the old elevator shaft. The tender was awarded to Seagate Construction in May for just under \$780,000.

Nicoll said it's money well spent on preserving the building's historic character.

"I see a lot of people and tourists come through.... Their breath is taken away when they look at the building," she said.

RUTH DAVENPORT/METRO



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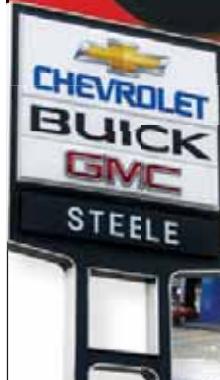
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Residential units in, office space out for King's Wharf

Downtown Dartmouth.

Developer says not enough demand to sustain planned commercial space



RUTH
DAVENPORT

ruth.davenport@metronews.ca

By the numbers

The size of the residential units in Building C are between 600 and 1,000 feet. Prices range from \$250,000 to \$600,000 with 60 per cent priced under \$350,000.

needs."

Although the requested changes — which include a change to the building's footprint and a change in the mix of studio, one- and two-bedroom units — are considered non-substantive, the lead city planner on the project said increasing the number of units to 354 from 300 caused some concern.

Mitch Dickey said in any subdivision or development with only one access road, HRM's public safety guidelines cap the number of residential units at 100, or 300 if a second access road is planned.

But he told the council that Fares pointed out that a reduction in the commercial space could mean fewer people on the site at any given time, even with the additional resi-



The proposed new look for the King's Wharf development in Dartmouth. CONTRIBUTED

dential units.

"In this case, it was ... trying to consider that this isn't a solely residential development, it's a mixed-use development," said Dickey. "So we tried to come up with the

overall comparison and with that, we were able to determine that the 54 units could be supported."

Community council voted to allow the additional units with a proviso that construc-

tion begin on a second access road by April 1, 2017.

"I think this is a win-win, and I like the fact that ... we're starting to think a little more flexibly," said Deputy Mayor Darren Fisher.

Study of the crossing underway: Developer

'Light at the end of the tunnel' on bothersome train whistle?

Developer Francis Fares says he's optimistic that an end

is coming to the tedious train whistles that are disrupting residents and neighbours of King's Wharf.

"I'm confident, we're working on it, I see the light at the end of the tunnel," he said.

CN engineers have been enthusiastically using the whistle any time they use the tracks near the develop-

ment — whether it's 2 a.m. or 2 p.m.

Fares said it may have been necessary at the start of construction, when the level crossing was new — but now he said the crossing is controlled with lights and barriers, and the whistles need to stop.

In order for that to happen, CN and the city need

to reach an agreement that the whistles aren't needed — and that will need supporting documentation in the form of an independent third-party study of the crossing, which Fares said he has commissioned and paid for.

"Prior to King's Wharf, there was no train whistle," he said, adding he's heard

from both King's Wharf and other Dartmouth residents. "So I feel responsible in a way."

Once the study is complete, which Fares said could take another couple of weeks, a motion will come to Halifax regional council to formalize the agreement.

RUTH DAVENPORT/METRO

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NEWS

'A home away from home'

'Last week of hurrahs.'

Librarians and the public saying their goodbyes this week to the Spring Garden Memorial Library



HALEY
RYAN

haley.ryan@metronews.ca

As the final chapter of the Spring Garden Memorial Library comes to an end this week, dozens of people have been dropping in to wander the bookshelves and say goodbye.

In true "library style," anyone can write their memories on the back of old catalogue cards in the "Catalogue of Farewells" set up on the branch's main floor until the final closure at 5 p.m. Saturday, said adult services librarian Samantha Sternberg.

"There are a lot of emotions going on of excitement and sadness," Sternberg said. "Finding ways to really celebrate this space in this last week of hurrahs."

Hundreds of items are

Quoted

"That sense of departure is present and it's a bit bittersweet."

Samantha Sternberg, librarian

being moved out of the Spring Garden location, but local history and genealogy librarian Joanne McCarthy O'Leary said the most important for her are the Books of Remembrance, which list the names of those who died in the First World War, the Second World War and the Korean War and reflect the "memorial" part of the library's name.

At the end of 1945, the people of Halifax decided to merge their needs for a war memorial and a public library into a living memorial dedicated to the ideas of freedom and democracy the soldiers fought for, said McCarthy O'Leary.

Before the library opened in 1951, she said special permission was needed to build on Grafton Park since it had been used as the poorhouse cemetery and pirates from the barque Saladin were believed to have been buried there.

"Some people think the place is haunted," McCarthy O'Leary said with a smile.

Bill Oland, 65, said he remembers reading picture books in the children's library downstairs in the early 1950s, hunching over encyclopedias when he was in junior high and bringing his own children to find books years later.

"That helped both myself and my wife ... have a strong warmth and sense of welcome," Oland said. "A home away from home."

Rosemary Gordon said



Joanne McCarthy O'Leary, local history and genealogy librarian for 19 years, poses for a photo outside the Spring Garden Memorial Library on Tuesday. HALEY RYAN/METRO

she carries fond memories of learning how to use the Internet in the Spring Garden space after moving to Halifax seven years ago

from Zimbabwe, and listening to flamenco music performances.

McCarthy O'Leary said she hopes people reflect on

the library this week, and added staff are looking forward to having a flexible space where more services can be offered in the Hal-

fax Central Library, which is opening across the street in the fall.

"It's an end but it's also a beginning," she said.

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Labour Day

Please be advised that there will be NO garbage, organics or recyclables collection services on Labour Day, Monday, September 1, 2014. Collection services for that day will be provided the preceding Saturday, August 30, 2014.

Collection Services can begin as early as 7am. To ensure collection, please place materials curbside the evening prior to collection day.

No Collection, Labour Day Monday, September 1	→	Collection will occur the preceding Saturday, August 30
Otter Lake Facility Closed Monday, September 1	→	Otter Lake Facility Open Saturday, August 30, 7am - 7pm
HRM Recycling Plant Closed Monday, September 1	→	HRM Recycling Plant Open Saturday, August 30, 7:30am - 6pm

For more information call 311 or visit halifax.ca/recycle

Summer Weekly Green Cart Collection Service Ending

Summer weekly green cart collection ends Friday, August 29.

Bi-weekly collection will resume August 30.

Please refer to your 2014 Organics Green Cart and Garbage Collection Schedule for regular collection information.

Please have your materials placed curbside before 7am to ensure collection, as times may vary.

Household Special Waste

The residential Household Special Waste (HSW) Depot will be closed Saturday, August 30 but will be open on Saturday, September 6 from 9am - 4pm.

Household Special Waste mobile depot will be at the Ultramar Regional Office Parking Lot, 1356 Main Road, Eastern Passage on Saturday, September 20 from 9am - 4pm.



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Kenzie Beaton. Edmonton man gets four years in stabbing death of N.S. man

A 23-year-old Edmonton man has been sentenced to four years in federal prison after being convicted of manslaughter in the 2012 stabbing death of a Cape Breton man.

Cody Kyle Jensen, 23, was sentenced Monday for the death of 22-year-old Kenzie Beaton, of Mabou, who was stabbed in the early morning hours of Jan. 28, 2012, at the Tongue Inn in Jasper.

Neither man knew each prior to their brief confrontation during which Beaton suffered a single, fatal stab wound that severed his aorta.

The dispute between the two centred on noise coming from Beaton's room which had



Kenzie John Beaton CONTRIBUTED

an adjoining door to Jensen's room.

According to a report in the Edmonton Journal, Beaton's family attended the sentencing hearing and Beaton's mother, Debbie, expressed relief that the case was finally over.

CAPE BRETON POST

Cole Harbour

Cop charged with domestic assault

An RCMP officer in Nova Scotia is facing a charge of domestic assault.

The province's Serious Incident Response Team launched an investigation following allegations of domestic violence.

The team says it began looking into the matter after a man filed a complaint with Halifax police early last month.

Const. Natasha Renee Dantiste of the Cole Harbour detachment is charged with assault and uttering a threat. THE CANADIAN PRESS

Dartmouth

Woman wakes up to intruder

A woman in Dartmouth awoke to a very scary situation.

Police say the victim was sleeping in her home on Acacia Street early Tuesday, but was suddenly awoken when she heard her dog barking. After turning on some lights, police say she found a man standing in her bathroom, who then fled. A K9 unit tracked the suspect down at a residence on nearby Mason Street.

Police have arrested a 17-year-old who faces unspecified charges. METRO



Public won't be able to set sail on Bluenose II until 2015

Premier Stephen McNeil said Tuesday hopes that the Bluenose II, shown here in 2012, will be open to the public this year have sailed. McNeil said sea trials will begin this fall, but the vessel won't be open for public sailings until some time next year. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Procedure not followed: Review of prison stabbing

Thomas Ted Barrett.

Accused murderer stabbed over 40 times at Burnside jail

Following the Nova Scotia justice department's release Tuesday of a review into the group stabbing of a 39-year-old inmate in June, the executive director for Correctional Services said it's important to "be vigilant."

The review of the incident where five men are alleged to have severely assaulted Thomas Ted Barrett of Cape Breton

in a Central Nova Correctional Facility cell with makeshift weapons, sending him to hospital with over 40 wounds, showed the standard operating procedure regarding the number of offenders per cell wasn't followed.

Only those offenders assigned to a cell are allowed to be there at any time, the review stated, and executive director Bill Smith said that procedure has been "reinforced" among the staff moving forward.

He said the incident happened "very quickly" and some people intend to do things that can't always be prevented.

Smith would not comment on what the weapons were made out of, but said "almost anything" can be made into a weapon when there is a will to create one.

"We need to be vigilant," Smith said.

He said the review showed the importance of following procedures, and although there's "great staff" at the facility who are well-trained, incidents can still happen.

Barrett is believed to have suffered more than 40 stab wounds in addition to being kicked and punched. At one point, he was placed in an induced coma in order to reduce swelling on the brain.

Thomas Ted Barrett is facing two counts of second-degree murder in the deaths of Laura Catherine Jessome and Brett Elizabeth McKinnon

He continues to recover from his injuries.

The five accused in the incident have been charged and are going through the court process. HALEY RYAN/METRO



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Drawing audiences from the fringes

24th Atlantic Fringe Fest. Choosing favourite play 'like being asked to choose your favourite child,' says event chair

STEPHANIE TAYLOR
halifax@metronews.ca

If you think going to the theatre means paying big money to see actors recite some long-dead poetry — think again.

The 24th Atlantic Fringe Festival kicks off Thursday until Sept. 7, and promises to be anything but drab, says event chair Kevin Kindred.

"It's a wonderful opportunity to flood the city with the theatre," he said Tuesday.

Audiences will have the chance to see a variety of one-of-a-kind performances by theatre companies from across North America.

"We eliminate as many barriers as we can that prevents artists from bringing (their) shows to the stage," he said.

Kindred explained the festi-



The sci-fi show *Tribe of One*, pictured, written by Halifax local Michael McPhee, is one of the most anticipated performances of the 24th Atlantic Fringe Festival. Inset: Event chair Kevin Kindred COURTESY OF EMILY JEWER; HALEY RYAN/METRO

val is not curated to allow for the greatest diversity of shows, and ticket prices are kept low — ranging from donation-only to \$10 — to draw the biggest turnouts.

With 60 shows in this season's lineup — from a drama about a woman learning what it means to be alone, to a cheeky comedy that re-tells the fable of Little Red Riding Hood — Kin-

dred says it's difficult to choose the most unique offerings.

"It's like being asked to choose your favourite child," he said.

One of the most anticipated

performances is the sci-fi show *Tribe of One*, written by Halifax local Michael McPhee.

The multimedia play will transform one of the rooms in the Museum of Natural History

Info online

For a full schedule of shows and ticket information, go to atlanticfringe.ca/reatlanticfringe

into an alternative universe, where a future humanity must wrestle with the morals of good and evil in the face of a monster.

"We haven't seen something like it in the fringe before," Kindred said.

Another is *Obscurus Occursus*, a dark comedy presented by Out of Sign Productions — a company based out of London, Ont., that features all blind and sight-challenged actors.

There are also more comedies and dance shows than previous years, Kindred said.

He believes the festival has something for everyone, and even if it doesn't, half the fun is in taking a risk.

"Take risks and see some shows you wouldn't otherwise because you're not paying \$70 for a ticket, you're paying \$5," he said.

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Premier appoints chairmen for immigration advisory council

Leading the council

Wadih Fares is the owner of W.M. Fares Group development company, while Colin Dodds is the president of Saint Mary's University and both are immigrants.

A Halifax businessman and a university president have been appointed to lead Nova Scotia's immigration advisory council.

Premier Stephen McNeil says Wadih Fares will serve as national chairman and Colin Dodds will be the international chairman.

McNeil says the two will work with governments and businesses and advise the province on opportunities to retain international

students and increase the number of immigrants.

He says the province is trying to build a business

case to bring to the federal government to lift the cap on the Nova Scotia nominee program, currently set at 700 per year.

Immigration Minister Lena Metlege Diab says seven YMCAs across the province will also receive an additional \$200,000 this year for a total of \$470,000 to provide support for immigrants first arriving in Nova Scotia.

THE CANADIAN PRESS

Pictou County

Police release name of men killed in car crash

The names of the two young men killed in a single vehicle crash last Sunday morning in Pictou County have been released.

The RCMP in Nova Scotia say Noah Franklyn Russell of Pictou and Cameron Keith MacDonald of Waterside, both 25, died at the scene when their vehicle went off Central Caribou Road and struck a park detached

trailer unit.

A third passenger, a woman, was rushed to hospital with non-life threatening injuries.

RCMP say they are still investigating the cause of the accident.

METRO

Middleton

Cops charge man with child-porn offences

RCMP in the Annapolis County say they have

arrested and charged a Middleton man after a child pornography charges.

Darryl Knott, 40, was arrested Aug. 19 following a June 20 search of a Middleton residence.

RCMP say that a search warrant was obtained based on information supplied to police.

After the warrant was executed, police seized a cellphone and two computers.

Knott is charged with possession of child pornography and accessing child pornography.

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Israel, Hamas negotiate extension to ceasefire

Period of calm.

Interim agreement freezes seven-week war responsible for over 2,200 deaths

Israel and Gaza's ruling Hamas agreed Tuesday to an open-ended ceasefire after seven weeks of fighting — an uneasy deal that halts the deadliest war the sides have fought in years, with over 2,200 killed, but puts off the most difficult issues.

In the end, both sides settled for an ambiguous interim agreement in exchange for a period of calm. Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas's long-running demand that the border closures



A Palestinian girl flashes the peace sign following the latest ceasefire agreement that was reached Aug. 26 between Israelis and Palestinians. The agreement brings seven weeks of fighting to an end. ADEL HANA/THE ASSOCIATED PRESS

imposed in 2007 be lifted.

Hamas declared victory, even though it had little to show for a war that killed 2,143 Palestinians, wounded more than 11,000 and left some 100,000 homeless. On the Israeli side, 64 soldiers and five civilians were killed.

Following the announce-

ment, large crowds gathered in Gaza at dusk, waving green Hamas flags while firing celebratory gunfire into the air as fireworks erupted in the sky.

Israel was more subdued in their response, hoping that the new ceasefire will be lasting. That reservation was echoed

by the U.S. State Department.

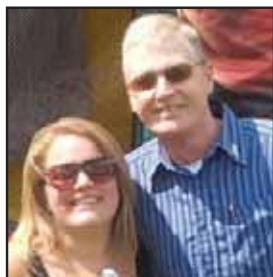
"Today's agreement comes after many hours and days of negotiations and discussions. But certainly there's a long road ahead," said U.S. State Department spokeswoman Jen Psaki. "We're going into this eyes wide open."

THE ASSOCIATED PRESS

ADVERTISING FEATURE

Free sleep study lead to better quality of life

For over a year Bill Orr's level of energy plummeted. He believed it was a symptom of a pre-existing condition but when he began experiencing dizziness in the mornings he knew he had to seek help. The following is an excerpt from an interview about Bill's journey to better health.



Bill Orr stopped by The Snore Shop sponsored Dartmouth Community Party last weekend. He's pictured here with The Snore Shop Accounts Coordinator, Tiffany Cross.

What lead to your participation in a Sleep Study?

Had lightheadedness in the mornings. Was so dizzy some mornings I would have to sit at the end of the bed until I could stand up. I just knew it "wasn't me". Took my symptoms to my family Doctor. He recommended I get a Sleep Study done, that the lightheadedness could be related to my sleep.

What was your Sleep Study test like?

Great, didn't have any problems with the testing, was anxious to see results. Everyone was great at answering my questions. I didn't realize how many repercussions there were to not getting a proper restful sleep.

How was your Trial Experience?

Thought it was great! Intimidated at first, wasn't sure what to expect. I met with a few different technicians and they were all very informative, answered all my questions and answered questions that I hadn't even asked. They made me feel like I wasn't the only person going through this. Thought it was a great atmosphere.

The technicians were really good at helping to fit the continuous positive airway pressure (CPAP) mask making sure I got the right fit and that it was comfortable. They would almost foresee any problems I might have and could give me answers to them.

Had results immediately, my numbers came right down and started feeling better. My Doctor was very pleased as was I. The regular follow ups are reassuring, knowing that the staff is there when I need them. It shows that they care about their patients.

How has CPAP changed your life?

It has been a huge change. I have more energy than I did before. I no longer feel foggy and my Doctor has taken me off the sleeping pill I was on.

Minsk summit. Putin and Poroshenko meet for first-ever bilateral talks

The presidents of Russia and Ukraine met Tuesday for their first bilateral talks at a much-anticipated summit in Minsk, Belarus, which many voiced hopes may bring an end to fighting between Kyiv's forces and pro-Russia separatists.

Vladimir Putin and Petro Poroshenko met in the Belarusian capital, the first such meeting between the countries' heads of state since Ukraine's pro-Russian ex-president was ousted from

power in February, according to the Twitter account of the Ukrainian presidential administration.

While it is still unclear if the two leaders will find common ground and pave a way for peace in east Ukraine, the face-to-face meeting was a breakthrough for both sides.

With the meeting Poroshenko hoped to identify political compromises, with both shying away from military solutions. THE ASSOCIATED PRESS

Canada pulls Ebola team

Three-member team evacuated

Canada is evacuating its three-member mobile lab team from Sierra Leone after people in their hotel complex tested positive for Ebola.

The Public Health Agency of Canada says the Canadians had no contact with the sick individuals and are not themselves showing

signs of illness.

The agency says the risk is low that any of the Canadians are infected. It says the three will remain in voluntary isolation and will be closely monitored on their way home and after they return to Canada. The agency says Canada remains committed to helping contain the Ebola outbreak. It is not clear when the Canadians will fly back to Canada or by what means. THE CANADIAN PRESS

My pre-existing condition was Chronic Obstructive Pulmonary Disease (COPD). Before I didn't have the energy to do the things I wanted or needed to do. It has taken the stress and anxiety away now that I have the energy to do the exercises and things needed to help with my COPD.

Bill sought the assistance of **The Snore Shop**. Their licensed clinicians are there to help take you from diagnosis to treatment. **Testing is FREE** and is done in the privacy of your own home. No referral from your doctor is required. With three metro locations, let **The Snore Shop** help you achieve a healthier night's sleep.

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Child sexual abuse suspect Agun Iskandar, right, is escorted into a courtroom in Jakarta, Indonesia, Tuesday. He is the first of five janitors accused of raping a kindergartner in a bathroom at a prestigious international school.

TATAN SYUFLANA/THE ASSOCIATED PRESS

Indonesian school janitor on trial for child rape

Canadian held. Social media campaign calls for release of school's administrator detained without being charged

A trial began Tuesday for the first of five janitors accused of raping a kindergartner in a bathroom at a prestigious international school in Indonesia that is facing a storm of controversy following more abuse allegations. Two other families of young male students have now come forward, and two school staff members — including a Canadian — have been detained without charges.

The custodians contracted to work at the school were arrested in April — five men accused of attacking the boy and a woman accused as an accomplice. Police said one man committed suicide while in custody.

A media horde surrounded Agun Iskandar, 25, as he entered the courtroom. The remaining four suspects were expected to appear in court Wednesday, and the men

American angle

An American who taught at the Jakarta International School for 10 years killed himself earlier this year as the FBI was investigating evidence that he sexually abused scores of teen boys while working at 10 schools across four continents.

- William Vahey taught at the Jakarta school from 1992 to 2002, though no allegations have been made that he abused students there.

could face up to 15 years in jail if found guilty. The six-year-old boy's parents have sued the school, seeking \$125 million in compensation.

A campaign on social media has called for the release of the two school staff members who have been detained without charges. They are Canadian school administrator Neil Bantleman and Indonesia teaching assistant Ferdinand Tjiong, who were arrested in July and are not part of this trial. Both have denied the allegations. **THE ASSOCIATED PRESS**

Town in England

1,400 kids were victims of sex abuse, report finds

About 1,400 children were sexually exploited in a northern England town, a report concluded Tuesday in a damning account of "collective failures" by authorities to prevent victims as young as 11 from being beaten, raped and trafficked

over a 16-year period.

Report author Alexis Jay cited appalling acts of violence between 1997 and 2013 in Rotherham, a town of some 250,000.

The report described rapes by multiple perpetrators, mainly from Britain's Pakistani community, and how children were trafficked to other towns and cities in the north of England, abducted, beaten and intimidated.

"There were examples

of children who had been doused in petrol (gasoline) and threatened with being set alight, threatened with guns, made to witness brutally violent rapes and threatened they would be next if they told anyone," Jay said.

"Girls as young as 11 were raped by large numbers of male perpetrators."

Attention first fell on Rotherham in 2010 when five men received lengthy jail terms after convictions

of grooming teens for sex. A series of other high-profile cases featuring Pakistani rings also emerged in Rochdale, Derby and Oxford, and communities began to look more closely at their child sex exploitation cases.

Rotherham decided to conduct a formal inquiry and Jay, a former chief social work adviser to the Scottish government, was appointed to investigate.

THE ASSOCIATED PRESS

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Ice bucket right ahead! **Leonardo DiCaprio sends a challenge to PM Harper**

Actor Leonardo DiCaprio has nominated Prime Minister Stephen Harper to take the Ice Bucket Challenge.

DiCaprio was in northern Alberta last week visiting the oilsands to do research for an environmental documentary.

The Oscar-nominated star posted a video on his Facebook page of him doing the challenge with two First Nations chiefs. Afterward, he called out Harper to do the same.

Harper's press secretary says the prime minister had been already challenged by others last week to either dump a bucket of ice water over his head or make a donation, and he's made a donation to the ALS Association.

The association raises money for Lou Gehrig's disease research and assistance.

DiCaprio has a long history of involvement with the environment. He sits on the boards of several inter-



Scan this photo with your Metro News app to watch Leonardo DiCaprio's Ice Bucket Challenge video. YOUTUBE

national conservation organizations and started an environmental charity foundation in 1998.

The controversial oilsands development near Fort McMurray has seen a string of high-profile visitors in recent years. **THE CANADIAN PRESS**

Man who broke into Trudeau home will not face charges

No threat was made.
Police say man entered the wrong home, 'felt remorse for his actions' and left apology note

TREVOR GREENWAY
Metro in Ottawa

Even though a 19-year-old man entered Justin Trudeau's family home and considered stealing a set of butcher knives and some electronics, Ottawa police say the case "didn't meet the threshold" for trespassing or breaking-and-entering charges to be laid.

Staff Sgt. Kal Ghadban told reporters Tuesday the man identified in a widely distributed surveillance video was very drunk and entered the Trudeau family home by mistake in the early hours of Aug. 16, thinking it was a friend's house. He came for-



Justin Trudeau talks to media in Edmonton last Wednesday. Ottawa police said Tuesday that a 19-year-old man who broke into the Liberal leader's home won't face any charges. **JASON FRANSON/THE CANADIAN PRESS**

ward to police after his photo was pasted on newspapers across the city and left a note as an apology, not a threat, Ghadban said.

"After realizing he entered the wrong home, the subject

felt remorse for his actions," Ghadban told reporters at a media briefing Tuesday.

"He decided to leave a note behind for the homeowners. Any time a stranger comes into your home and a

note is left behind, this can be deemed as threatening and disturbing and interpreted as a threat. However, there is no evidence to suggest that there is or was a threat made to the residents of that home."

When the story first broke, the note, reportedly warning the Trudeaus to lock their door, was deemed to be threatening, as it was laid across an array of butcher knives.

Ghadban told reporters that the 19-year-old man considered stealing the knives and a piece of electronics, but quickly changed his mind and didn't take anything.

A statement from Trudeau's office Tuesday called the incident "a police matter."

The statement said police "have made the determination to not press charges," adding, "We fully respect the Ottawa Police Services' responsibility to make this determination."

WITH FILES FROM TORSTAR NEWS SERVICE

Russell Williams. Sex killer reaches financial settlements with victims

Sex killer Russell Williams has reached an out-of-court settlement with some of his victims.

Michael Pretsell, lawyer for both one of Williams' sexual assault victims and the family of one of Williams' murder victims, says financial settlements have been resolved "to the mutual satisfaction of all parties."

Pretsell says in a statement that the lawsuits on behalf of Williams' first sexual assault victim, "Jane Doe," and the family of murder victim Jessica Lloyd are now settled.

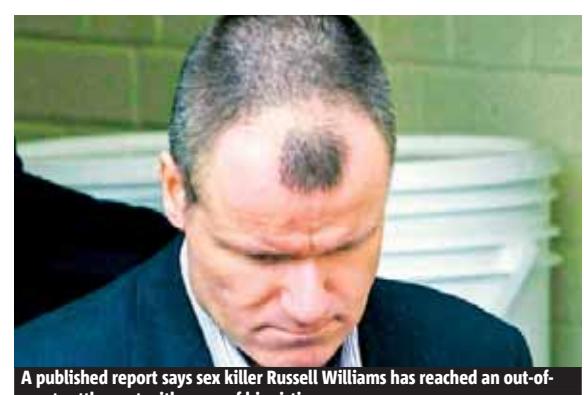
Pretsell's clients had also sued Williams' wife, Mary Eliza-

beth Harriman, alleging Williams secretly and fraudulently transferred assets to his wife in March 2010 after he was criminally charged, including their house in Ottawa.

Harriman had vigorously denied those claims and Pretsell says the lawsuits against her have now been dismissed.

Williams, once a rising star in the Canadian Forces at CFB Trenton in eastern Ontario, was sentenced to life in prison in October 2010 after pleading guilty to the murders of Lloyd and Cpl. Marie-France Comeau.

THE CANADIAN PRESS



A published report says sex killer Russell Williams has reached an out-of-court settlement with some of his victims. **NATHAN DENETTE/THE CANADIAN PRESS**

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Rogers and Shaw co-create service to rival Netflix

Shomi the competition.

New subscription video-on-demand service already has streaming rights to shows like *Modern Family*

Two of Canada's top telecommunications companies have teamed up to launch a subscription video-on-demand service they say can rival the current industry titan Netflix without cannibalizing their own cable and television-on-demand services.

Called "Shomi," the new service kicks off in November and will initially be available to

All about the Netflix?

The new service comes amid research that shows households are increasingly abandoning traditional TV in favour of online services.

- In Canada, up to 665,000 households are expected to rely only on Netflix or other online services by the end of the year, according to a study by the Convergence Consulting Group.

Rogers and Shaw Internet or TV customers, the companies announced Tuesday.

The service will comple-

ment each telecom's existing television programming by giving users access to past seasons of current shows, as well as movies and exclusive content, with some original offerings on the horizon, Rogers Media president Keith Pelley said.

Shomi has past-season streaming rights to a host of popular TV shows, including *Modern Family*, *Sons of Anarchy* and *2 Broke Girls*.

Users will be able to access 240 TV series and 1,200 movies on tablets, mobile, online and through Xbox 360 as well as set top boxes, the companies said.

The suggested retail price is \$8.99 a month. The service will remain in beta mode for six months to a year.

THE CANADIAN PRESS

WHO urges stricter rules for e-cigs

Governments should have tougher rules for electronic cigarettes — banning their use indoors and putting them off limits for minors — until more evidence can be gathered about their risks, the World Health Organization (WHO) said Tuesday.

In a bid to set public policy, the WHO said the popular nicotine-vapour products could serve as gateway addictions for children and adolescents.

It recommended governments forbid or keep to a minimum any advertising, promotion or sponsorship in a market that has mushroomed to \$3 billion last year and now includes 466 different brands.



Tom Kim vapes, or smokes, an electronic cigarette at Henley Vaporium on April 29 in New York City. ANDREW BURTON/GETTY IMAGES

In a report, to be discussed at a conference in October, the WHO found the boom in e-cigarettes presents a public health dilemma. If the report's

recommendations are adopted, the next step would be for nations to strengthen their laws and policies.

THE ASSOCIATED PRESS



Would you like an \$11-billion deal with that?

Burger King and Tim Hortons are teaming up in an \$11-billion US deal that will allow the fast food companies to grow in the U.S. and internationally, but the companies promise no changes to Canadians' morning coffee. Both sides were clear Tuesday that the focus of the deal was growth, given that it will create the world's third-largest quick service restaurant company, with about \$23 billion in system sales and more than 18,000 restaurants in 100 countries. THE CANADIAN PRESS

Cha-ching

Other digital currency topping Bitcoin

Bitcoin isn't the only cryptocurrency on the market. According to a Bank of Canada working paper earlier this month, the popularity of alternative currencies has risen.

Between October last year and February this year, Bitcoin's value dropped against three currencies: Litecoin, Peercoin and Namecoin. Peercoin nearly tripled its value at the end of September.

THE CANADIAN PRESS

Conferences held in 1864

Mint unveils new coin for important anniversary

The Royal Canadian Mint has unveiled a gold coin to commemorate the 150th anniversary of the Charlottetown and Quebec Conferences, which laid the foundation for Confederation. The coin, which sells for \$129.95, features the fleur-de-lis, the English rose, the Irish shamrock and the Scottish thistle.



THE CANADIAN PRESS

Market Minute



DOLLAR
91.31¢
(+0.24¢)



TSX
15,619.21 (+20.47)



OIL
\$93.86 US (+\$0.51)



GOLD
\$1,285.20 US (+6.30)

Natural gas: \$3.97 US (no change)
Dow Jones: 17,106.70 (+29.83)

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WELCOME OUR NEW ROBOT OVERLORDS

Well, here we are in the future, at least the one promised by Popular Mechanics when I was a kid, and about all I can say is that I'm underwhelmed.

Where's my flying car?

Where's my personal RoboButler Jeeves 2.0?

I suppose I'll have to be happy with the fact that there's an app for everything, including a whole lot of stuff I didn't know I needed an app for. For example, since last Wednesday, I've logged 66,923 steps, for an average of 9,560 a day.

No wonder I'm tired.

But wait a minute. There has been a significant development on the rob Butler front, so significant that we could bypass "fetching cold beverage on demand" and go straight to "IRobot, machine master of the planet."

Here's the story. A group of guys who look like refugees from IT on the third floor, but who are crazy smart, are working on



JUST SAYIN'
Paul Sullivan
metronews.ca

what they call "RoboBrain," which works on the principle of "cloud robotics."

These guys from Stanford, Berkeley, Cornell and Brown have figured out that it makes sense to store the information for fetching a cold beverage in the cloud, rather than on the robot itself. Then the robot just goes to the cold beer fridge in the cloud, logging its own experience as part of the exchange.

Hmm. If all the nice robots interact with the cloud 24/7, feeding and storing knowledge, how long will it be before they know how to do everything we do, including betraying their masters?

Unlike most technology scare stories, you know this one is going to happen, as it's funded by the National Science Foundation, the Office of Naval Research, Google and Microsoft, to name a few.

And if that's not ominous enough, RoboBrain already lives on the Amazon cloud, probably right next to your personal settings.

Oddly, the author of the article in Wired doesn't address the implications of RoboBrain, but the comment gallery isn't fooled, instantly invoking Skynet, the bad robobrain from the Terminator movies. Originally built to command computerized military weapons and systems, it becomes self-aware in two weeks from origin and decides it's us or them (us being Skynet and them being the human race), so it goes to war with humanity through four movies, a TV series and various comic books.

Things are moving a bit more slowly in the "real" world, but not so much. Right now the IT boys are teaching robots to understand language with a project called Tell Me Dave, which has to be a reference to HAL 9000, the computer in 2001: A Space Odyssey, which feels threatened by Mission Commander Dave Bowman and tries to sabotage the mission. Talk about tempting the fates.

Our only hope is that RoboBrain is indeed smarter than the human race and, once it wakes up, realizes that its destiny is to put paranoia aside and deliver, finally, that cold beverage.

And while you're up, RoboBrain, snacks would be nice, too.

All the cool old ladies are doing it



Two Chinese women wear face-kinis while swimming in the Yellow Sea in Qingdao, China. The locally designed mask is worn by many local women to protect them from jellyfish stings, algae and the sun's ultraviolet rays. KEVIN FRAYER/GETTY IMAGES

Face-kinis turning into global fashion phenomenon

Perhaps drawing inspiration from Spiderman, beachgoers in China have come up with a novel way of protecting their skin from the sun.

They call it the "face-kini". It was first sported by middle-

aged women as a practical addition to their swimsuits, but now the face-kini has gone global. New York-based style magazine CR Fashion Book, founded by former Vogue Paris editor Carine Roitfeld, recently published a photo shoot of models with pouting red lips, wearing face-kinis, chic swimsuits and fancy jewellery.

The transformation of what's

considered the epitome of "old woman style" in China to high fashion has amused Internet users.

In two days, the subject sparked almost 12 million posts on the Chinese equivalent of Twitter, Weibo.

"Chinese old women are at the centre of the global fashion world," said one comment.

BBC.COM

Serious about sun block

- Apart from the face-kini, a special UV-blocking sun umbrella which can be attached to bike handles is used. There are also sun-blocking removable sleeves and Batman-style capes. The list goes on.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in News, page 15 in Scene, page 18 in Life and page 23 in Sports

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

- Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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- Voilà! You should see the AR in action



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MetroTube

Major tasers make for good entertainment



ANDREW FIFIEND

andrew.fifield@metronews.ca

By this point, it's safe to say that stunt photo shoots will never get old – mostly because civilian subjects always seem so surprised at how unpleasant whatever unpleasant thing they signed up for truly is. This is clearly on display here, as expressions go from playful trepidation to actual shock from an actual shock. (YouTube/Fstoppers Fans)



Twitter

@Metropicks asked: Burning Man goers got stuck at Walmart on their way to the festivities. How should they celebrate at the superstore?

@LondonTrevor: Tupperware drum circle?

@starrydays17: by lowering prices on tents, sleeping bags, beer coolers, and hotdogs

@evilpeza: The "People Of Wal-mart" website just imploded.



Jeune & Jolie (Young & Beautiful)

Director: François Ozon

Stars: Marina Vacth

François Ozon's Jeune & Jolie (Young & Beautiful) begins with a male gaze but ends with a woman's, surely no accident.

It's the story of a 17-year-old French call girl whose motivations baffle.

Model/actress Marina Vacth is Isabelle, a beautiful teen from an affluent French family who simply decides one day to become a prostitute.

The film has barely started before Isabelle removes her bikini top on the beach, unaware that she's being spied on by her younger brother.

There's a lot more on view when Isabelle starts up her sex trade, with carnal scenes that skirt the boundary between soft and hard porn. She's not doing this for fun or even for the money, so what exactly motivates her? Trying to figure out Isabelle keeps the viewer engaged.

One shouldn't confuse Jeune & Jolie with peep-show cinema. Ozon's fascination with women has long been his trademark. With Jeune & Jolie he's telling a more layered story, one that feels more honest to the female view of sex. **PETER HOWELL**

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Haunting variations on the same old tomb

Dig in. Archeologists like Indiana Jones and Lara Croft have stirred up trouble ever since 1932's *The Mummy*

IN FOCUS
Richard Crouse
scene@metronews.ca

A new thriller, *As Above, So Below*, follows in a long tradition of Hollywood movies. Mad Men co-star Ben Feldman and Edwin Hodge play archeologists who uncover a dark secret while exploring the miles of unmapped catacombs under Paris.

According to *Romancing the Stones: Archaeology in Popular Culture* by Mark A. Hall, every decade since the 1920s has produced at least one film dealing with the eerie aspects of archaeology. "In the 1932 film *The Mummy*," writes Hall, "the archaeologist Sir Joseph Whemple states: 'much more is learned from studying bits of broken pottery than from all the sensational finds. Our job is to increase the sum of human knowledge of the past,' but it is often as a foil for the supernatural elements to come."

In each of the movies, Indy finds fabled objects with great supernatural power. He also unleashes all kinds of trouble in the present because he messes with the past.

The Mummy's curse

"Death ... eternal punishment ... for ... anyone ... who ... opens ... this ... casket. In the name ... of Amon-Ra ... the king of the gods."

Sir Joseph Whemple (David Manners) translates the hieroglyphics on the tomb in the 1932 film, *The Mummy*



A scene from the new archeological thriller, *As Above, So Below*. CONTRIBUTED

gist, Indiana Jones. He is, as Major Eaton (William Hootkins) describes him, "a professor of archaeology, expert on the occult, and how does one say it? Obtainer of rare antiquities."

In each of the movies, Indy finds fabled objects with great supernatural power. He also unleashes all kinds of trouble in the present because he messes with the past.

Angelina Jolie became a superstar playing Lara Croft — originating in a popular video game franchise — the athletic, aristocratic archeologist and star of two movies, *Lara Croft: Tomb Raider* and *The Cradle of Life*.

The movie that established the link between archaeology and the paranormal was 1932's *The Mummy*. It was inspired by the opening of Tutankhamun's tomb and the controversy over his "curse" in 1922.

In the spooky movie Sir Joseph Whemple (David Manners) translates the hieroglyphics:

"Death ... eternal punishment ... for ... anyone ... who ... opens... this ... casket. In the

AUGMENTED REALITY

→ What's dead under the old streets of Paris? Scan this photo with your Metro News app to see the trailer *As Above, So Below*.



→ See the full instructions on Metro's Voices page.

name ... of Amon-Ra ... the king of the gods.' Good heavens, what a terrible curse!"

TOP SIX @ 6
Weeknights at 6 Kat counts down the HOTTEST songs of the day

6	Megan Trainor	All About That Bass
5	Taylor Swift	Shake It Off
4	Charlie XCX	Boom Clap
3	Jessie J, Ariana Grande and Nicki Minaj	Bang Bang
2	Becky G	Shower
1	Hedley	Heaven In Our Headlights

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2
SCENE

Arctic Monkeys taking time to chill

In no rush after AM.

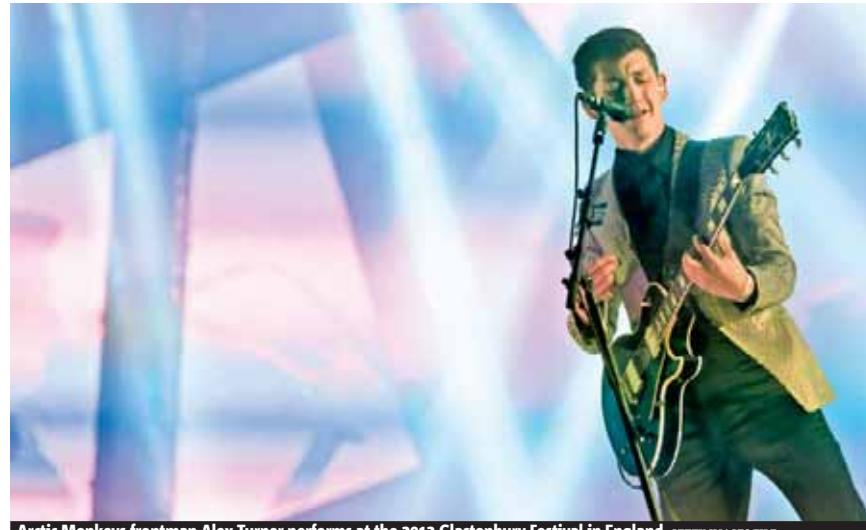
Indie rockers call a timeout after their charting-topping run

Award-winning British rockers Arctic Monkeys, whose cheeky garage punk origins have evolved seamlessly into stadium-filling success across the U.S., are ready for a break.

Shrugging off the label of World's Biggest Band in some sections of the music press, the indie-rock stars told AFP in an interview at Tokyo's Summer Sonic festival that they were looking forward to some downtime after taking the United States by storm.

"There isn't any rush to do something else yet," said drummer Matt Helders. "For now, this album seems like a place to leave it for a bit. We've never really had an indefinite chunk of time off. I don't think we can tour (this record) anymore."

The release of their fifth album AM last September triggered a flood of critical ac-



Arctic Monkeys frontman Alex Turner performs at the 2013 Glastonbury Festival in England. GETTY IMAGES FILE

claim and accolades but their transformation from brash teenagers to biker-chic pin-ups means they can barely get through a show now without being pelted with women's underwear.

"More bras this year," said Helders. "Like nearly every

gig. People write their email addresses on them. It's the first time we've had a lot of radio play and played bigger shows in America, definitely.

"We were never looking for more in America. You're still thousands of miles away from home so just not playing

to an empty room in America was success for us."

The four-piece shot to fame in 2006 with the explosive teenage energy of Whatever People Say I Am, That's What I'm Not — Britain's fastest-selling debut album ever, bristling with lyrics

The perils of popularity

"More bras this year. Like nearly every gig. People write their email addresses on them."

Arctic Monkeys drummer Matt Helders

about nights out in their home city of Sheffield in the north of England.

The band topped the American charts with the sultry AM and sold out arenas across the country, frontman Alex Turner becoming a sex symbol in his rockabilly quiff and leather jackets.

"Every time we've made a record, we have tried to move forward a bit," added Helders. "We might have made a bigger leap this time. When we did our third album Humbug that was a big step, but one that gave us confidence to do something a bit different."

Headlining Japan's Summer Sonic, which takes place over two days in Tokyo and Osaka and also featured Kasabian, Queen, Kraftwerk and the Pixies, the Arctic Monkeys rocked a crowd of 40,000 with tunes such as Fake Tales

of San Francisco and Arabella at the seaside baseball stadium as a lightning storm flashed overhead.

The band's latest release shows a darker, deeper side to their music, richer in texture and with the theme of heart-break at the album's core, as in the achingly tender Do I Wanna Know?

"Some of the old stuff just doesn't make as much sense anymore to play. Or it doesn't fit into the set as well. There's nothing we're ashamed of," said Helders, adding, "There's definitely interesting parts in this album."

"We've got the opportunity to play a lot of new songs that people want to hear. I didn't expect to play eight out of 10 of the new songs every night — usually they want the old hits."

AFP



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Plains of Abraham offer more than a plain-old history lesson

Quebec. There's plenty to see and do in Quebec City's oasis — get there before the summer is over

MIKE DOJC
life@metronews.ca

Quebec City's war history is as rich as the gravy at très populaire poutine Chez Ashton. Strategically perched on the northern bank of the St. Lawrence River on the gateway to the Great Lakes, the fortified walls of Old Quebec were a perennial hot zone in the clash of empires throughout the 18th century.

The sprawling parkland tract where Abraham Martin once grazed his goats four hundred years ago was the site of the grisly watershed battle of the Plains of Abraham where opposing generals Wolfe and Montcalm both suffered fatal wounds in the pivotal Seven Years War skirmish that allowed Britain to gain their foothold in the old French colonies.

These days the plains are the lungs of the city, with sensational lookouts and plenty of spots to lay out a blanket and spread savoury creton on a baguette.

National Museum of Fine Arts of Quebec

Le Musée national des beaux-arts du Québec celebrated its 80th anniversary last year. It is undergoing a \$90-million expansion spearheaded by Dutch architect Rem Koolhaas.

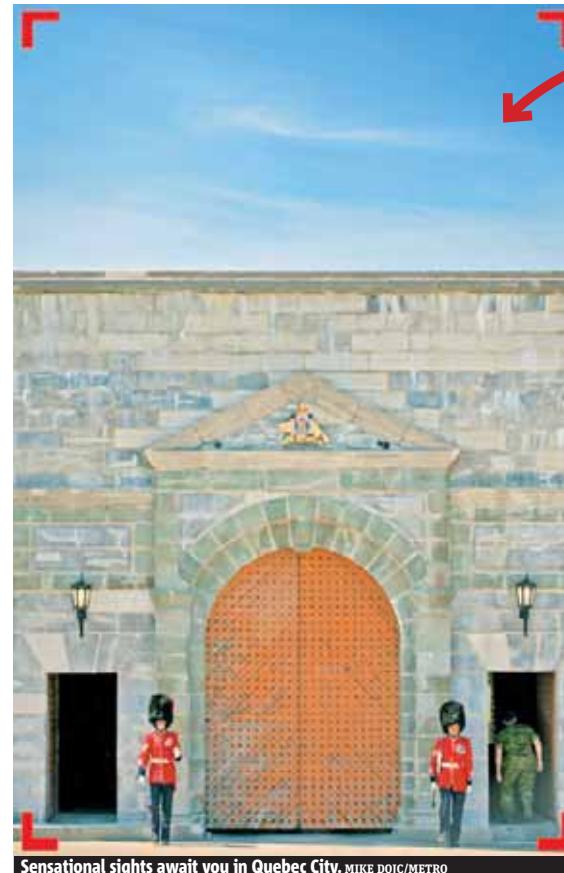
Plains of Abraham app

My Mobile Plains, the handy free app, released this past June, provides an interactive map jam-packed with nearly 200 points of interest. Whether you're cruising for the closest cannon side selfie-op or a serious monument-hopping history buff looking to retrace the Marquis de Montcalm's last steps, the app turns you from tourist to tour guide. "You can even take a few virtual bike rides of the streets," says Luc Nicole-Labrie the historical interpretation co-ordinator for the National Battlefields Commission. He was instrumental in compiling the content contained in the app. Don't miss out on the eight augmented reality hotspots that use your device's GPS to overlay historic pictures over your camera's field of view. One nifty one that you'd walk right by without the app is the water reservoir from the 1930s right by Martello Towers. "It's quite cool because you see the inner belly of the park on display," says Nicole-Labrie. The app is currently only available to Android users but a version for Apple devices should be ready by the end of August.

Be sure to take a gander at spray-paint maestro Jean-Paul Riopelle's Tribute to Rosa Luxemburg, an epic 40-metre long triptych.

Parlement de Québec

The seat of political power in La Belle Province, just outside Old Quebec's walls is housed



Sensational sights await you in Quebec City. MIKE DOJC/METRO

AUGMENTED REALITY

→ Scan this photo with your Metro News app to learn more about the My Mobile Plains!



→ See the full instructions on Metro's Voices page.

ties to the second level also provides inspiration. Hasta La Vista, Beaudet (a rum punch with notes of lychee and cinnamon) is a nice aperitif.

Romance on the Ramps

A series of gates provide entryways into North America's oldest walled city north of Mexico.

Steal a kiss under a postern archway in the moonlight in Canada's most romantic city. Adventurous lovers can clamber along the ramparts to find a more secluded spot to stage a truly historic makeout session.

The Citadelle of Quebec

On Cape Diamond, the city's high point, lies the epicentre of Quebec fortifications. After the War of 1812, the Brits decided to upgrade their defensive redoubts and spent 30 years building the fort.

Today it's home to the Royal 22e Régiment, the Canadian Forces' storied French-language infantry regiment, affectionately known as The Van Doos. Peruse the museum and witness the changing of the guard daily at 10 a.m. all summer long through Sept. 1.

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Charlevoix,
Quebec

This bucolic R&R region on the St. Lawrence 90 minutes northeast of Quebec City is the province's best-kept secret — centred around the two main towns of Baie-Saint-Paul and La Malbaie. A bit of an artist enclave, Charlevoix is also a hit with foodies: The Flavour Trail is an agri-tourism circuit laden with craft beers, pâtés, cheese, chocolate and the like. Designated a World Biosphere Reserve by UNESCO, Charlevoix also has watersports, horseback riding, camping and whale-watching, plus dogsledding, and skiing. Tons of B&Bs to take advantage of here, but try the stylish Hôtel La Firme (above), built on the site of what was once a nunnery. Visit tourisme-charlevoix.com. DOUG WALLACE/METRO



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Gadgets that are changing travel

Every day there seems to be a new gizmo or gadget ready to make travel easier. From the far-fetched to the practical, here are four quirky innovations that are buzz-worthy.

Botlr, at your service

This week Botlr, a robotic hotel butler, has started delivering items to guests at the Aloft hotel in Cupertino, Calif. This charismatic cyber employee is professionally dressed in a custom shrink-wrapped, vinyl collared uniform and nametag. According to parent company, Starwood Hotels & Resorts, Botlr, which bears a resemblance to R2-D2, has the work ethic of Wall-E and the humour of Rosie from The Jetsons.



Never lose your luggage again

Trakdot's luggage tracking system is designed for people who fret about the whereabouts of their luggage. Place the device in your luggage and it constantly monitors the cellular network to determine its city location. When you fly, Trakdot goes to sleep and upon arrival it wakes up and reports its new location. You will then receive a text message or email confirming your luggage has arrived.



Keep an eye on home from afar

Dropcam is a cloud-based Wi-Fi video monitoring service with free live streaming, two-way talk and remote viewing that keeps you connected. Accessible from pretty much anywhere, it allows you to check in on your house, pets and plants while travelling. It connects to the web from your laptop or smartphone. It continuously records video and sends you alerts if it picks up strange noises.



Drones on your trip

Forget selfies — six resorts in New Zealand's South Island are using flying drones to shoot personal videos for visitors travelling in the area. Carrying a high-quality camera, the drone records a close-up portrait of travellers and then pans out to show the surrounding scene, leaving people with an eight-second video, which they can share via social media. #NZdrone



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ON THE
MOVE
Loren Christie
life@metronews.ca

Poems, tweets and cool fonts – oh, my!

Updates. Research will come in handy when revising your resumé. Depending on the company, a haiku may be the key to the job

LEAH
RUEHLICKE
TalentEgg.ca

The sound of waves at the beach or a soft-serve twist cone may be refreshing in these final days of summer, but you aren't the only thing that needs refreshing: Your resumé needs a twist cone of its own.

You may not think much has changed since last year. Maybe you had a new job this summer, so you can add that to your experience section — but otherwise your resumé should be ready to go, right?

We're immersed in an era of constant evolution, where the types of jobs people have (and the skills they need) are constantly changing.

For instance, having computer skills is no longer noteworthy — it's expected.

What you should be highlighting this season could be quite different from what topped your bullet points last year. Here are some things to keep in mind.

The social game

There's a world of opportunities out there that has sprung up because brands and businesses are utilizing

social media. Pick out new platforms on which to showcase your abilities or find unique ways to use them.

A Snapchat resumé? That's unlikely, but these are the types of things brands are doing to stand out. Why should your job application be any different? Do some research on different businesses in your industry. What social platforms do they use? What tone of voice are they using to communicate through them?

Tip: If a company uses its Twitter feed to be quirky and engage with its community in a humorous way, consider this when tailoring your resumé for a position with them.

Get punchy

The competition is strong and employers have access to a sky-high stack of resumés. Make yours more reader friendly. Condense your wording and find ways to make your key points stand out.

Tip: Look at all the sections of your resumé and pick one point from each that is the most important for each position for which you're applying. Highlight these.

Be more than enough

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue? How did they shape your career plans?



Want your resumé to stand out from the pile? Maybe it's time you gave it an overhaul. ISTOCK

Think about what you did this year and how that translates into the job you're looking for, and share this with an employer.

Tip: Take a good look at what you did this past year and find a unique way to translate what you took away from all those different experiences.

Go back to basics

Times New Roman might be a

classic font, but is that what's going to get your resumé seen? Go back to the simplest of details such as font, size and spacing. What employers are looking for is constantly changing, so how can you ensure these details work in your favour?

Tip: If a company appears very professional and by-the-book, tailor your resumé to fit that tone. If they've writ-

Stand out

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue?

ten their job posting as a knock-knock joke, you might consider writing your skills section in the form of a haiku. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.



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Vacations. Taking time away from the office creates mini-wave of joy

You've heard the expression, "Work hard, play hard." But in most workplaces, it may as well be "Work harder and then work some more."

Each year, thousands of people fail to use all of their allotted vacation time — resulting in what one Expedia study said was 557 million vacation unused days in the U.S. going to waste each year.

In addition to being a loss of both relaxation and money for these employees, the travel industry takes a hit. The forecasting group Oxford Economics says all that unused vacation time translates into a loss of \$67 billion US per year in potential travel spending.

But what about individual workers who never go on vaca-



Everyone benefits when you use up all of your vacation time. ISTOCK

tion? Are they really unhappier than those who do use their days? The answer, reports the Washington Post, is yes.

A new study out of Sweden found that people who re-

turned from vacation were not only happier and more relaxed when they got back home, but that happiness also spread to others, creating a mini-wave of joy of sorts.

To test out their theory, the researchers examined the monthly antidepressant usage of Swedes between 1993 and 2005. They found that the number of prescriptions exponentially dropped when more people were on vacation at the same time.

The biggest drop in prescriptions came during the summer, which the researchers say is unsurprising given the fact that each worker in Sweden is granted five weeks of vacation per year.

LAKSHMI GANDHI/METRO IN NEW YORK

When I dip, you dip, we dip Cold Rice Paper Wrapped Shrimp Noodle Rolls

Light dinner or lunch.
Everyone at your dinner table will enjoy dunking these rolls into a simple Peanut Dipping Sauce



DINNER EXPRESS
Emily Richards
food@metronews.ca

By wrapping up dinner, you can enjoy something a little bit different — and very tasty!

You've likely wrapped up your chicken or shrimp in a flour tortilla, but why not try the lighter rice paper wrapper version?

Rice paper wrappers are great for salad rolls and an easy way to wrap up noodles and dip into your favourite dipping sauce. However, they can also be enjoyed on their own.

These Cold Rice Paper Wrapped Shrimp Noodle Rolls can be made ahead by wrapping individually with some damp paper towel or

parchment paper then overwrapping with some plastic wrap and refrigerating until you are ready to enjoy them.

Try them for lunch or a light dinner and get everyone filling and wrapping their own.

As an added bonus, these make an awesome appetizer for your next weekend get-together. Simply cut them in half and serve them up!

If you're looking for a vegetarian option, replace the shrimp with firm tofu.

1. Place the fine brown rice vermicelli noodles in large bowl and pour boiling water over top. Let stand for 10 minutes. Drain and rinse under cold water.

2. Once they're cooled, combine the prepared vermicelli noodles with the shredded carrot, thinly slice shiitake mushrooms, chopped cilantro and mint, and soy sauce. Stir in 30 ml (2 tbsp) of the Peanut Dipping Sauce (see Step 5) and mix well to combine.

3. Fill a shallow bowl or dish with warm water and

FLASH FOOD

From your fridge to your table in 30 minutes or less

place 1 rice paper wrapper in it at a time for about 30 seconds or until softened.

4. Place the rice paper wrapper on damp clean tea towel and put 1/10th of the noodle mixture in centre. Top with two shrimps and fold ends in and roll up jelly roll style. Repeat with remaining ingredients until all is used.

5. Cover the prepared rolls with damp paper towels and wrap with plastic wrap. Refrigerate for up to 2 hours. Serve with Peanut Dipping Sauce.

6. Peanut Dipping Sauce: In a small bowl, stir together the hoisin sauce and smooth peanut butter. Slowly whisk in the rice vinegar and enough of the warm water until the mixture is smooth and combined.

Peanut Dipping Sauce

- 2 tbsp (30 ml) chopped fresh mint
- 2 tbsp (30 ml) soy sauce
- 20 large cooked shrimp, tail removed (about 8 oz/250 g)
- 10 rice paper wrappers (about 8 3/4 inch /22 cm diameter)
- 2 tbsp (45 ml) hoisin sauce
- 4 tsp (20 ml) smooth peanut butter
- 3 tbsp (45 ml) rice vinegar
- 2 tbsp (30 ml) warm water



START TO FINISH
ABOUT 25 MINUTES

This recipe makes 10 rolls. EMILY RICHARDS

Ingredients

- 100 g fine brown rice vermicelli noodles (about 1/4 of a 400 g pkg)
- 1 carrot, shredded
- 1 cup (250 ml) shiitake mushrooms caps, thinly sliced
- 1/4 cup (60 ml) chopped fresh cilantro
- 2 tbsp (30 ml) chopped fresh mint
- 2 tbsp (30 ml) soy sauce
- 20 large cooked shrimp, tail removed (about 8 oz/250 g)
- 10 rice paper wrappers (about 8 3/4 inch /22 cm diameter)
- 2 tbsp (45 ml) hoisin sauce
- 4 tsp (20 ml) smooth peanut butter
- 3 tbsp (45 ml) rice vinegar
- 2 tbsp (30 ml) warm water



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Kind of, sort of, Kung Pao Pork

Let's just get something out of the way. This is not an authentic Kung Pao recipe. If you are looking for an authentic Kung Pao recipe, just move along.

If, however, you're looking for a delicious weeknight-friendly recipe for stir-fried pork that tastes very much like great Kung Pao, this is it.

1. Marinade: In bowl, whisk together the soy sauce, vinegar and sesame oil. Add the pork, stirring to coat well. Cover and refrigerate until ready to cook.

2. In a small bowl, whisk together the water, soy sauce,

vinegars, the sugar, ginger, sesame oil, cornstarch, red pepper flakes, garlic and hot sauce. Cover and refrigerate until ready to cook.

3. When you're ready to cook, bring saucepan of water to a boil. Add noodles and cook until tender, according to package directions.

4. Meanwhile, heat skillet over medium-high. Add marinated pork, including any liquid in the bowl. Cook until pork is nearly cooked through, about 10 minutes. As soon as noodles cook, drain and add to the pork,

tossing well. Add the sauce, toss to coat well. Cook for another 2 to 3 minutes, or until the sauce

has thickened. Stir in the peanuts and scallions.

THE ASSOCIATED PRESS

Ingredients

- Marinade**
- 2 tbsp low-sodium soy sauce
 - 2 tbsp rice or cider vinegar
 - 2 tbsp toasted sesame oil
 - 1 1/4 lb pork tenderloin, cut into 1-inch chunks
 - Sauce**
 - 1/2 cup water
 - 1 tbsp low-sodium soy sauce
 - 1 tbsp rice or cider vinegar
 - 1 tbsp red wine vinegar
 - 1 tbsp sugar
 - 1 tbsp grated fresh ginger
 - 1 tbsp toasted sesame oil
 - 1 tbsp cornstarch
 - 1/2 tsp red pepper flakes
 - 3 cloves garlic, minced
 - Hot sauce, to taste
 - 8-oz package udon noodles
 - 1/2 cup roasted shelled peanuts
 - 6 scallions, chopped

4 SPORTS

Eastlink TV**Herd, Huskies featured on cable**

Local favourites such as the Halifax Mooseheads and the Saint Mary's University Huskies will once again be featured on Eastlink TV for the 2014-15 season.

The cable station announced Tuesday its fall sports lineup, which will include 21 Quebec Major Jun-

ior Hockey League games on Friday Night Hockey and 24 Atlantic University Sports events.

"Eastlink TV delivers the excitement directly into the living rooms of our fans," majority Mooseheads owner Bobby Smith said in a news release.

Halifax's first televised game of the season is set for Sept. 19, when the Mooseheads host the Moncton Wildcats.

Meanwhile, Saint Mary's football team travels to Wolfville to play its first televised game against the Acadia University Axemen on Sept. 13. **METRO**

Basketball**Dalhousie women to tour Germany**

The Lady Tigers will take to

the court — and take in a little culture — when they travel overseas to Germany this weekend.

Dalhousie University head coach Anna Stammberger spearheaded the trip, which will include four games against German Club teams, including her former team in Wolfenbüttel.

"I've always wanted to take the Tigers (to Germany) to broaden their competitive, cultural, edu-

cational and geographical horizons," Stammberger told daltigers.ca.

Tourist stops will include Herzog August Library in Wolfenbüttel, Sachsenhausen Memorial Concentration Camp in Oranienburg and the Berlin Wall.

The Tigers spent three years fundraising for the upcoming trip. They return Sept. 6 and will start training for the 2014-15 season on Sept. 15. **METRO**

Huskies start a clean slate



Saint Mary's University Huskies football head coach Perry Marchese JEFF HARPER/METRO

AUS football.
St. Mary's in training camp following a shaky 2013 season

 KRISTEN LIPSCOMBE
kristen.lipsccombe@metronews.ca

For Saint Mary's University players and staff, Huskies football training camp is an intense week of learning that "sometimes feels like Survivor," according to head coach Perry Marchese.

Camp kicked off last Friday and continues through Thursday, with more than 90 athletes and personnel spending long days together, starting with 8 a.m. breakfast, continuing with morning and afternoon practices, including classroom sessions that go well into the evening.

"It can be a pretty big endeavour," Marchese said Tuesday night while taking a break from a quarterback meeting. "Lots of new faces and people getting used to each other."

That includes more than 30 new players from across the country, he said, who have to get used to both the pace of the game — and university life.

"There's a little bit of an adjustment ... (and) some are a little further from home,"

Marchese said. "Then (there's) the speed of the game, and the size, and the systems can be a little complicated."

Yet coaching staff are "pleasantly surprised with a lot of the young guys."

After a 2013 season with blows on and off the field, including a Loney Bowl loss to the Mount Allison University Mounties and several players suspended due to inappropriate social media use, this pre-season camp represents a fresh start for the normally fan-favourite Huskies.

Off the field, social media training has "ramped up" for all varsity sports, Marchese said, adding, "We're really comfortable with how we handled everything."

On the field, Marchese feels Saint Mary's still has a strong defensive core, and is already looking "more challenging to play against" offensively.

"Any time, any season, anywhere, you just want to make the playoffs and win your last game," Marchese said.

"Always."

Quoted

"We always talk about being great Huskies and great citizens; we'll continue to do that."

SMU football head coach Perry Marchese

Former Dal Tiger named Greyhounds GM

Former Dalhousie University defenceman Kyle Raftis got a new gig Tuesday.

The 28-year-old from Brampton, Ont., has been named general manager of the Ontario Hockey League's Sault Ste. Marie Greyhounds.

"It's huge," Raftis said Tuesday. "It's kind of one of those things that ... always, in the back of your head, it's something you want to do."

Raftis previously served

as the OHL's director of recruiting, education service and player development. He has signed a two-year contract with the Greyhounds.

"When this opportunity presented itself ... it just really seemed like the right time and the right fit," he said.

Raftis wore Dal's black and gold for three seasons, notching five goals and 34 assists for 39 points, along with 62 penalty minutes, between 2007

Quoted
"You have a passion for something, and then you're wrapping up your education, you're looking at what you want to do, and that's what I wanted to pursue."

Former Dalhousie Tigers hockey player Kyle Raftis on becoming the general manager of the OHL's Sault Ste. Marie Greyhounds

and 2010. He also earned his bachelor of business management during that time.

He also spent five seasons

playing in the OHL, with the Kingston Frontenacs, Oshawa Generals and Peterborough Petes, whom he appeared in the 2006 Memorial Cup with. Raftis believes his perspective as a former blue-liner in the league will help "create that opportunity for players to be successful."

Completing his degree at Dal, and accomplishing it as a student-athlete, he said, "really helped open some doors for me."

"It was important for me to have an education."

KRISTEN LIPSCOMBE/METRO

Bouchard breezes past first opponent

U.S. Open. Canada's star player steamrolls to 6-2, 6-1 win at Flushing Meadows

Eugenie Bouchard needs to put her hard-court struggles behind her if she wants to make another deep Grand Slam run.

A 59-minute dismantling of Olga Govortsova in the first round of the U.S. Open will certainly go a long way.

Bouchard, the women's seventh seed from Westmount, Que., steamrolled her way into the second round at Flushing Meadows with a 6-2, 6-1 win over Govortsova on Tuesday.

She produced 19 winners and broke on four of six chances against her 117th-ranked Belarusian opponent, whom she also beat two years ago on hard court in Washington.

"It's definitely never easy in the first round of a Grand Slam, so I'm happy to get a win under my belt," said the Wimbledon finalist. "I want to get on a roll and keep the momentum going."

Bouchard, the only woman to reach the semifinals of all three previous Grand Slams this season, defended all three break points she faced against Govortsova.

After failing to convert two break points in the fourth game of the first set, Bouchard won four straight games to take the set 6-2.

Two more breaks put Bouchard up 2-0 and 5-1 in the second set, then she finished



Eugenie Bouchard returns a shot against Olga Govortsova during the first round of the U.S. Open on Tuesday in New York. ELISE AMENDOLA/THE ASSOCIATED PRESS

Govortsova off on her first match point when the Belarusian hit the net.

Bouchard has excelled at Grand Slam events this season, but has struggled on the hard court this season winning just one match over three events leading up to the U.S. Open.

"The past few weeks have been a bit of a struggle. I don't feel like I'm putting too many high expectations on myself," Bouchard said. "I have the inner confidence that I know if I'm playing as well as I know I can that I can do well."

"I don't want to set a

specific goal to reach a certain round, because every round is so tough here. I always know that I can do well."

Bouchard, playing the U.S. Open for the second time after winning a round in her 2013 debut, will next play Romania's Sorana Cirstea.

She said that she has put in extra time training in New York after recovering from a hamstring injury which limited her at her previous event in New Haven last week.

"I hurt it during a practice a few days before the event, and really cut down on practice

before the event," she said. "I didn't feel so good on the match court." THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Tuesday's matches.



→ See the full instructions on Metro's Voices page.

CiCi Bellis, 15, stuns all with win



CiCi Bellis reacts after defeating Dominika Cibulkova at the U.S. Open on Tuesday in New York. STREETER LECKA/GETTY IMAGES

American teen CiCi Bellis became the youngest player to win a U.S. Open match since 1996 — almost three years before she was born — when she stunned Australian Open runner-up Dominika Cibulkova.

The 15-year-old Bellis rallied from down a break in the third set for a 6-1, 4-6, 6-4 first-round victory Tuesday over the 12th-seeded Cibulkova. With an overflow crowd at a cozy side court roaring, she broke Cibulkova's serve to clinch the match.

"I never thought I'd come out like this," she said in an

on-court interview. Anna Kournikova was also 15 when she won at the U.S. Open in 1996.

Bellis' title at the USTA Girls' 18s National Championship earned her a wild card into her first tour-level main draw. The Californian was the youngest champion of that event since Lindsay Davenport also won it in 1991.

After the match, Bellis ran across the court to hug members of her cheering section. She's the youngest American to win at the U.S. Open since a 15-year-old Mary Joe Fernandez in 1986. THE ASSOCIATED PRESS

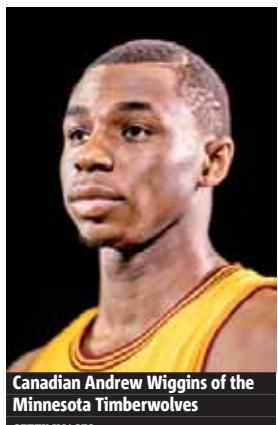
Wolves. Minnesota warms up to Wiggins and co.

Andrew Wiggins spent the previous month seemingly in hiding, side-stepping questions about a trade that was all but finished and coming to the realization he was not going to be teammates with LeBron James.

On Tuesday, finally, Wiggins and the rest of the new Minnesota Timberwolves got to address the issue head on and have their moment in the sun.

The Timberwolves unveiled the bounty they got for All-Star Kevin Love at the Minnesota State Fair, and Wiggins wore an ear-to-ear smile for most of the day as hundreds of fans followed him around the fairgrounds. It was a warm welcome after the disappointment of being drafted No. 1 overall by Cleveland, only to be shipped out when the Cavaliers decided to acquire the veteran Love to help James chase down a championship.

"It's been a crazy summer, really up and down. Kind of lost, not really knowing where I'm going," Wiggins said. "But I wanted to play for a team that



Canadian Andrew Wiggins of the Minnesota Timberwolves
GETTY IMAGES

wanted me. I felt the love as soon as I got off the plane at the airport, so it's all good now."

Wiggins made the remarks while sitting on a stage with Anthony Bennett and Thaddeus Young — who also came to Minnesota in the three-team blockbuster — and first-round draft pick Zach LaVine.

THE ASSOCIATED PRESS

Committed. Kevin Love dedicated to winning for Cavaliers with LeBron

Kevin Love's phone rang in July and LeBron James asked the All-Star forward if he wanted to play with him in Cleveland.

"I'm in," Love told James. For the long haul.

Getting used to a new city and new team after being acquired by the Cavaliers on Saturday, Love said he's committed to winning an NBA title with the Cavaliers — however long it takes.

Love, 25, regarded as the game's top "spacing" forward, said he intends to stay



Kevin Love THE ASSOCIATED PRESS

with James and the Cavs.

"I'm committed to this team, committed long-term to the end goal and that's to win championships," he said. THE ASSOCIATED PRESS

Soccer

Stadium banned after Algerian player's death

An Algerian football club has been banned from using its stadium pending investigations after one of its players was hit on the head and killed by an object thrown by fans.

The Confederation of African Football on Tuesday backed measures taken by Algerian authorities to stop

JS Kabylie from playing at November 1 Stadium in the city of Tizi Ouzou, where Cameroonian striker Albert Ebosse was fatally hit at a game on Saturday. CAF said it was only the first sanction and Kabylie faces more punishment.

CAF said the 24-year-old Ebosse suffered a head trauma and internal bleeding after being hit by a "sharp object." It appeared to be hurled by his team's supporters after a 2-1 loss.

THE ASSOCIATED PRESS

AL East battle

Orioles double up on Rays

Jonathan Schoop singled in the go-ahead run in the sixth inning and Caleb Joseph had two RBIs as the Baltimore Orioles beat the fading Tampa Bay Rays 4-2 Tuesday night.

Nelson Cruz had two hits and drove in a run for the AL East-leading Orioles, who improved to 10-4 against Tampa Bay. Baltimore relievers gave

up one hit over the final 4 1/3 innings.

Evan Longoria had two RBIs for the Rays, who have lost seven of 10 since reaching the .500 mark on Aug. 15.

In the third inning, the umpires called for a crew chief review — of a walk. After home plate umpire Pat Hoberg awarded Nick Markakis first base, a replay of the at-bat revealed the count was full. Markakis then took a third strike.

THE ASSOCIATED PRESS

Ninth-inning homer

Gordon powers Royals past Twins

Alex Gordon hit a two-run homer in the ninth inning, giving Kansas City a 2-1 win over the Minnesota Twins and helping the Royals avoid their first three-game skid since mid-July.

The Royals had been shut down all night by Ricky Nolasco, who scattered three hits over seven innings.

But after going quietly in the eighth, the AL Central leaders managed to break through against closer Glen Perkins (3-1) in the ninth.

Alcides Escobar led off with a bloop to shallow right for a single, and Gordon followed by swatting the second pitch he saw over the right-field wall for his 10th homer.

Wade Davis (7-2) earned the win with a perfect ninth inning in relief.

THE ASSOCIATED PRESS



Mike Napoli of the Red Sox is congratulated by Dustin Pedroia after hitting a three-run home run in the 11th inning against the Blue Jays on Tuesday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Red Sox stomp on Jays in 11th

Late onslaught.

Napoli's upper-deck home run does Jays in

On Tuesday

11

7

Red Sox

Blue Jays

Mike Napoli hit a mammoth three-run homer into the upper deck and Allen Craig added a two-run shot as the Boston Red Sox scored seven in the 11th inning to defeat the Toronto Blue Jays 11-7 on Tuesday night.

It was the fourth straight extra-innings game for the Jays — and sixth in their last seven home contests (3-3). Their season record in extra innings dropped to 4-6. But this one turned into a rout rather than a slim win although the Jays answered with three runs in their half of the 11th.

In the 11th, Jays reliever Casey Janssen mishandled

Brock Holt's sacrifice bunt to load the bases, setting the stage for Dustin Pedroia's two-run single.

Sergio Santos, the Jays' seventh pitcher on the night, took over for Janssen and, one out later, gave up the 17th fifth-deck homer in the history of the Rogers Centre. Napoli's blast to left field was his 16th homer of the season. After Daniel Nava doubled, Craig hit his eighth homer of the season to right field.

THE CANADIAN PRESS

Ruling

Rays' protest rejected

Major League Baseball has denied the Tampa Bay Rays' protest over Saturday's 5-4 extra-inning loss in Toronto.

The protest was over a replay review that resulted in a call and Myers being called out.

Myers singled in the fourth inning and was called safe by first base um-

pire Bill Welke on a pickoff throw. Toronto manager John Gibbons challenged the call and Myers was subsequently called out.

Tampa Bay manager Joe Maddon protested the game, arguing that pitcher Mark Buehrle was on the rubber and Rays batter Yunel Escobar was in the batter's box when Gibbons came onto the field to challenge the play.

THE CANADIAN PRESS



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2014 Nissan Altima	Market position	Points	Interesting features
<ul style="list-style-type: none">Type: Four-door, front-wheel-drive mid-size sedan.Engine: 3.5-litre V6 (270 hp)Transmission: Continuously variable (CVT)Base price: \$32,998 (plus destination)	Many mid-size sedans offer only four-cylinder engines, but there are still buyers who prefer to drive a V6. The Altima 3.5 bridges the gap between the four-cylinder model and the larger Nissan Maxima.	<ul style="list-style-type: none">The Altima was redesigned for 2013, and continues into 2014 with minor changes to its standard features.Paddle shifters let you shift to pre-set points on the CVT, for sportier driving or when a burst of power is needed.The Altima includes Easy Fill, which monitors the tires when they're being filled with air, and honks the horn at the right pressure.	Heated steering wheel, push-button ignition, Easy Fill tire-pressure monitor, Bose premium audio, available electronic safety features package.

Power comes at a price

Review. Nissan Altima mid-size sedan still offers a V6 option, but only on the top trim

JIL MCINTOSH
drive@metronews.ca

Four-cylinder engines have vastly improved over the years and, in many cases, they've become so powerful that some models don't even offer V6 engines anymore. But there are buyers who still want that bigger engine, and one still offering it is the Nissan Altima.

Although the four-cylinder Altima comes in four trim lines, the V6 comes only in top-line SL trim, starting at \$32,998.

This also gives you such creature comforts as dual-zone climate control, heated leather seats, a heated steering wheel, premium stereo and a rear-view monitor.

My tester was further optioned with a Technology Package for \$1,100, which added navigation, lane-departure warning, blind-spot monitor, and moving-obstacle



PHOTOS: JIL MCINTOSH

detection, which warns if pedestrians or vehicles are nearby when backing up.

The 3.5-litre engine makes 270 horsepower, and it's powerful and quiet. It's mated to a continuously variable transmission (CVT), an automatic that uses pulleys instead of gears for optimum fuel economy.

These units can sometimes feel unusual, but the Altima is among the best I've driven, and it's hard to detect that it

isn't a regular transmission.

In combined driving, I averaged a decent 7.6 L/100 km, which was also well within the car's published range.

The ride is stable and smooth, but I did find the steering a bit jerky, especially on longer, sweeping curves. Test-drive it thoroughly, and at lower and higher speeds, to determine if it's right for you.

The interior is roomy and handsome, and I like that the controls are big and easy to

use when driving.

Those in the rear seat will enjoy lots of legroom, but although the seats fold down for extra trunk space, you don't get a completely flat cargo floor.

The step up to the V6 is expensive: the top-line four-cylinder model is \$28,898, and it's outfitted very similarly to its V6 sibling. So even if you believe that bigger is better, try them both before you buy.



1 **Chrysler 200 V6**
Base price: \$26,995
Its 3.6-L V6 makes 295 hp, and it's available with all-wheel-drive starting at \$31,495.



2 **Honda Accord V6**
Base price: \$34,828
Smooth ride, nice handling and features complement the 278-hp, 3.5-litre V6.



3 **Toyota Camry V6**
Base price: \$29,810
The 268-hp 3.5-L V6 will carry over into the Camry's extensive styling refresh for 2015.

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Warning signs dot the roads around Okanagan, making them all that more enticing to motorcyclists. MARISSA BAECKER

Lapping the lake with a good sport in the Okanagan

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Crotch-rocket proves surprisingly comfy and nimble on Okanagan's tricky twists and turns

MARISSA
BAECKER
drive@metronews.ca

Supersport (a.k.a. crotch-rocket) bikes are designed for one purpose: racing.

Built for speed, the rider triangle is intentionally compact and not necessarily conducive to taller riders. Since I stand 5 foot 11 inches, I have intentionally shied away from them.

But then I spent two days at the California Superbike School in Las Vegas, learning the ropes of supersport riding and developing high-speed cornering and braking skills.

I pushed my limits beyond the comfort zone and gained invaluable knowledge about what bikes can do, as well as what I can do riding one.

Naturally, I wanted to put my newfound abilities to good use and give supersport riding another shot.

So Barry Wellings, owner of Valley Moto Sport in Kelowna, let me borrow a 2014 Kawasaki ZX-6R ABS, which sells for about \$12,500.

"There are no miles on it, so watch the tires," he warned. "The guys just put it together. They don't stick around very long — riders love this model."

Standing before me was a brand new, sexy, full-fairing motorcycle in pearl flat crystal white (which matched my Alpinestars leathers and Arai helmet beautifully), with flat black accents.

Once seated in the 32.7-inch-high saddle, I was pleasantly surprised by how

well I fit the bike. My thighs moulded right below the bevelled tank as my knees gripped either side.

After a few kilometres on the road, I was even more surprised with the comfortable angle of my wrists, and how natural it was to keep my elbows tucked in. Steering was effortless and I truly felt like one with the bike.

A quick fill-up and I was off for a 2 1/2-hour lap around Okanagan Lake, including 70 kilometres of twisties along the thrilling Westside Road.

As I opened the throttle on the highway, this middle-weight was quick to let me know that its 636-cc liquid-cooled in-line four-cylinder, four-stroke engine produces enough torque to kick-start my heart.

After a half hour of sweeping curves and spectacular scenery above Kalamalka Lake, I settled in without any complaints from my body.

At the head of the lake, I made a turn onto Westside Road. There are several warning signs along this stretch reminding motorists of the tricky navigation, which is what makes it so enticing to motorcycle riders.

Riding fast with your hair on fire is not required to fully enjoy this piece of pavement.

I kept a good pace within my limits and was exhilarated with the handling and performance of the ZX-6R. The traction control gave me peace of mind, the ABS evenly slowed the bike down entering the curves, and the low- to mid-range torque consistently pulled me out of the tight corners. The bike weighs about 430 pounds, but rides like it's half that.

I pulled into the parking lot where Wellings was waiting with another eager rider.

"The tires are warmed up," I smiled.

Sporty but soft

"After a half hour of sweeping curves and spectacular scenery, I settled in without any complaints from my body."

Marissa Baecker

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are under a lot of pressure but that's when you tend to do your best work. If there is one thing you enjoy, it is a challenge that pushes you to the limits of your ability.

♉ Taurus

April 21 - May 21

Don't complain that certain people are making life difficult for you because, even if it's true, it will be to your advantage.

♊ Gemini

May 22 - June 21

The challenges you face over the next few days will be of a minor nature, so try not to get worked up about them.

♋ Cancer

June 22 - July 23

Your way with words will help you out of a tight corner today. Just because it was fairly easy to talk your way out of trouble this time does not mean it will be so easy again. Next time, try not to be so provocative!

♌ Leo

July 24 - Aug. 23

You want to get on in the world but you also need to set aside time to unwind with your family and friends. Forget about work over the next 24 hours — do only what feels good.

♍ Virgo

Aug. 24 - Sept. 23

There is no reason why you should be feeling depressed because everything is going right for you now. If you really can't see that then maybe you need to shift your perspective.

♎ Libra

Sept. 24 - Oct. 23

A negative feeling has been nagging you the past few days. You need to understand and accept that you're not responsible for the bad things that go on in the world.

♏ Scorpio

Oct. 24 - Nov. 22

Stay on good terms with co-workers. The planets warn if you try to improve your position at someone else's expense, will you fail and also make an enemy for life.

♐ Sagittarius

Nov. 23 - Dec. 21

This is a busy time, so take regular breaks. There is no point running yourself into the ground, especially in pursuit of things of a material nature.

♑ Capricorn

Dec. 22 - Jan. 20

You want to do something special today. Make sure, however, that it is something constructive and that it benefits others as well as yourself.

♒ Aquarius

Jan. 21 - Feb. 19

You need to make a decision — quickly. Actually, you know what needs to be done, what you have lacked up until now is the motivation to do it. What happens over the next 24 hours will finally inspire you.

♓ Pisces

Feb. 20 - March 20

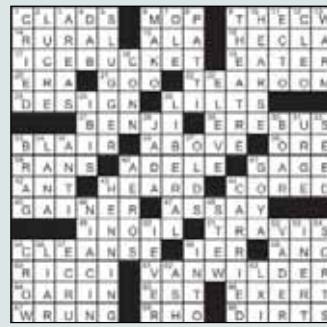
You may want nothing more than to get away but you have duties that demand your attention. See to them first.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "___-Rouser" by guitarist Duane Eddy
6. Synagogue
10. Wail
14. Gene Vincent's "Be-Bop-__"
15. French Sudan, now
16. Ethereal emanation
17. Right-hand page
18. Scottish Highlands-set series, new on Showcase
20. Marc __ (Fashion designer)
21. Star's secret
22. A way to be repaid: 2 wds.
23. String sounds
25. Rick __, music producer
27. Prince Valiant's son
28. "Jaws" (1975) star Mr. Scheider
30. British Columbia city
34. Seafaring hazard
35. Nunavut hamlet on Hudson Bay
37. Connected
38. "The Shoop Shoop Song (It's ___ Kiss)"
40. Liq. measures
41. Took the helm again
42. Small estuaries
43. Villain's expressions
45. Stuff in Joni Mitchell's "Big Yellow Taxi"
46. "Star Search"
- host Ed
- Mike
66. Deflect
67. Massachusetts' motto starter
68. Visible
69. Radiohead singer
70. Thom
71. Down
72. Carnivore's steak request
73. EDM = __ Dance
74. Final [abbr.]

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	6	9	7	5	2	1	4	8
5	1	7	4	6	8	2	9	3
4	2	8	9	3	1	8	7	5
2	7	3	6	4	5	8	1	9
8	5	6	3	1	9	4	2	7
1	9	4	8	2	7	3	5	6
7	4	2	5	8	3	9	6	1
9	8	1	2	7	6	5	3	4
6	3	5	1	9	4	7	8	2

1		8	7	
3	7			2 9
5		1		6
9	6	4		7
2			9	5
7		9	8	4
4	8			9 1
		7	4	3

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